

HALIFAX metro®



Chain of mistakes

Residents angry that popular Chain of Lakes trail has to be dug up in the name of development

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The \$330,000 hamburger

And it's not even tasty? Scientists have cooked up the world's first lab-grown patty

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Two boys strangled by python

Boys were sleeping above pet store in New Brunswick

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THERE'S A POWER OF GOOD IN SEA OF MONSTERS

YOU DON'T HAVE TO BE A DEMIGOD TO BE STRONG, SAYS PERCY JACKSON STAR ALEXANDRA DADDARIO

PAGE 11



Sapphire Lower, 6, jokes around with Milo the Clown at the Pirates of Sullivan's Pond Family Fun Day on Monday. The event was part of the Natal Day weekend festivities. JEFF HARPER/METRO

A day off by any other name ...

Would revel as sweetly. Residents, visitors turn out in droves for long-weekend festivities and aren't too worried about the day's history

CLARK JANG
halifax@metronews.ca

It's British Columbia Day in British Columbia, New Brunswick Day in New Brunswick ... and Natal Day in Nova Scotia. The civic holiday that falls on the first Monday of August goes by many names across the country — but the name-sake celebration in Halifax is less obvious than in other cities.

That didn't stop a few good-natured HRM residents from guessing its significance during the festivities on Monday. "Well, that's Canada's

History be damned!

"Why not celebrate our fair municipality in fair weather?"

John Dudar of Dartmouth

birthday, isn't it?" said Lloyd Sampson of Halifax.

"I believe it's a celebration of our naval services, our navy and all our men and women who serve us in Halifax and Dartmouth," said Kate Mercer of Dartmouth.

Mercer isn't the only one to give Natal Day a military spin; the Sobeys on Larry Uteck Boulevard recently caught media attention when it posted a sign with store hours for "Nato Day."

The word "natal" — not to be confused with "naval" or "NATO" — is derived from the Latin word for birth. The original commemoration marked the completion of a railway between Musquodoboit and Dartmouth in 1895,

and Natal Day has since been celebrated as the birthday of Halifax and Dartmouth.

In actuality, the founding of Halifax is believed to have occurred six weeks earlier, in June.

"They probably picked a time in August when it would have a bit better weather," laughed Nick Langley, who went with his daughters to the Sullivan's Pond celebrations.

An overcast afternoon and a severe thunderstorm warning didn't prevent thousands of Nova Scotians from wrapping up the long weekend with events like the annual parade, Natal Day Road Races and the Family Fun Day and concert at Sullivan's Pond.

Even if the origins of Natal Day are murky, so what? It's just another reason to celebrate tradition, said Langley.

"It's just a time to remember our heritage and roots, so ... whether it's spring or the middle of summer, it's all good," he said.

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Hammonds Plains

Dead dog found hanging from deck

The SPCA has been asked to investigate the discovery of a dog hanging off a deck by its leash in Hammonds Plains.

Municipal animal-control officers called RCMP to a home on Weaver Court Sunday morning after finding a dead husky at the house.

"The dog somehow managed to get through the spindles or rails (of the deck) and hung itself from the leash," said RCMP Cpl. Scott MacRae.

Animal control has referred the case to the SPCA.

"Early indicators look like it may be a freak accident," said MacRae.

MacRae says owners should be always aware of their pet's surroundings.

METRO

Albro Lake Road

Police seek stabbing suspect

Police are looking for a suspect after a stabbing in Dartmouth that hospitalized a man.

Officers were called to an apartment building on Albro Lake Road around 10:55 p.m. Sunday to find a 27-year-old man suffering from a stab wound to the chest.

The victim was taken to the QEII for treatment of non-life-threatening injuries and was expected to be released Monday morning.

A K9 unit was brought in to conduct a search, but couldn't locate the assailant.

Police wouldn't comment Monday on whether the attack was random.

METRO



A cyclist travels along the Chain of Lakes Trail near Bayers Lake on Monday. Active transportation advocates are angry the city has decided to close the trail, one piece at a time, for two years to install new sewage infrastructure. JEFF HARPER/METRO

Chain of Lakes project example of 'bad planning'

Conflict. Community members say there should never have been need to tear up popular trail to service new developments



HALEY RYAN
haley.ryan@metronews.ca

Community stakeholders say bad planning will deprive residents of an important piece of active transportation infrastructure for the next two years — and steps should be taken now to prevent any repeats.

"Somebody blew it.... It was a classic example of bad plan-

Quoted

"It's so popular, it's just a real sin it has to happen."

Janet Barlow, Ecology Action Centre

ning," said Geoff Le Boutilier, a member of HRM's Community Design Advisory Committee.

The Chain of Lakes Trail will soon be dug up in sections to make room for a sewer pipe. Regional council approved the \$20-25 million project last week, which will see an easement connect the Beechville-Lakeside-Timberlea treatment facility to Halifax via the trail.

HRM staff said the easement is necessary because the Beechville facility is nearing capacity, and the demand for service will jump as develop-

ments like Brunello Estates come online.

Le Boutilier said the city's hand was forced by the existence of a contract between Halifax Water and the developer, which means HRM could be sued if service wasn't provided.

He said Timberlea has been identified as a "growth area" under the regional plan, so the pipes should have been installed years ago.

"It was stupid," Le Boutilier said. "You know how many units you want, you know what is going to be required to

service them, and you do it."

John Hawkins, chair of the Halifax Regional Trails Association, said he was told work should be finished on the busiest sections of the trail, which opened in 2011, by next summer.

Before the work begins, HRM will hold public meetings on improvements, such as paving and widening the trail.

"I hope ... the public makes note of their promises to restore, and holds them to it," Hawkins said.

Le Boutilier said future conflicts between active transportation routes and infrastructure should be avoided by using the Regional Plan, which clearly identifies where development can and can't happen.

1 NEWS



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'Dirty politics.' Tory paper on corner-store booze draws MADD's ire

The CEO of Mothers Against Drunk Driving says the Nova Scotia PC party engaged in "dirty politics" by suggesting the group supports a proposal to introduce the sale of beer and wine in corner stores.

Andrew Murie says a Tory discussion paper released in May includes references to MADD Canada that suggest the national group isn't opposed to the idea — though it is.

"It's dirty politics, let's be honest," said Murie.

Murie says he was stunned when he read the document because his group made a presentation to PC Leader Jamie Baillie in February that included the group's position on corner stores and grocery stores.

"I was very disappointed and I told them that," Murie said, referring to a subsequent call to the party.

The discussion paper includes a list of alcohol-related measures that MADD endorses, which includes a vague reference to a "grocery-store model."

Murie says that specifically refers to allowing the sale of



Jamie Baillie METRO FILE

alcohol inside grocery stores through government-run kiosks.

Baillie says he understood that MADD wasn't opposed to corner-store sales so long as strict controls are in place.

"If their position is different, then I respect it.... If that was an error on our part, then of course we'll correct it," he said.

THE CANADIAN PRESS

Clock's ticking. All-party committee urged to pass new accessibility rules

A national society that advocates for people with disabilities is urging Nova Scotia's house Speaker to ensure new rules around accessibility in MLA offices are passed before the next provincial election.

The House of Assembly Management Commission has agreed on rules requiring constituency offices to be barrier-free, but the commission and

proposed regulation will cease to exist if an election is called.

In a release, the James McGregor Stewart Society calls on Speaker Gordie Gosse to schedule an urgent meeting of the commission to pass the regulation.

Spokesperson Kelly McKenna suggests in a release that a delay could set the process back by four years.

METRO



Megan Tansey Whitton of Biscuit General Store gives a treat to Comiskey the dog in the shop on Monday. The store is one of several taking part in the Dog Days of Summer event this Saturday. JEFF HARPER/METRO

Release the hounds

Saturday. Downtown retailers opening doors to four-footed friends for first annual Dog Days of Summer event

More info

Visit downtownhalifax.ca for complete details on the first Dog Days of Summer event.

Finally, a downtown event with free barking.

Downtown businesses ranging from jewelry stores to fine-art galleries and yoga studios will welcome customers of both the human and canine variety this weekend.

"Dog people are crazy about their dogs and they want to bring them everywhere,"

said Ivy Ho of the Downtown Halifax Business Commission (DHBC). "So why not draw attention to the businesses that actually welcome those dogs?"

The DHBC is hosting the first annual Dog Days of Summer event on Saturday, during which retailers will welcome furry visitors and their owners with discounts and other treats.

"Biscuit's doing a 10 per cent discount (and) World

Tea House is doing an organic mint tea for the dogs," said Ho. "They're really into it."

A noon-time event at the Grand Parade hosted by Candy Palmater will also feature a "fashion show" and photo booth, and most participating businesses will accept donations for Litters n' Critters Animal Rescue.

Although some of the businesses involved will be dog-friendly just for the day, a fair number are dog-friendly year-round.

Wendy Friedman, owner of Biscuit General Store, says in 17 years of welcoming canines she's never had any problems, and customers appreciate the

gesture.

"We want our customers to feel free to bring their dogs with them if they're out and about and a lot of times it's a lot of fun — the other customers really enjoy it," she said. "So it just makes everybody happy."

Friedman says she's pleased with the effort to reach out to dog owners, noting it's a common trend overseas.

"If you go to Europe, many shopkeepers have their animals there with them all the time, and there's just no problem with it," she said. "I think it could be a fun level of added liveliness and humour."

RUTH DAVENPORT/METRO

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Annual Big Swim fundraiser sees biggest participation yet

Never let it be said that Todd McDonald let his phobia of deep water get in the way of a good cause.

The Nova Scotia native faced his fears on Sunday when he swam alongside 31 other people from New Brunswick to Prince Edward Island for the third annual Big Swim charity fundraiser in support of people living with chronic illness and disease.

"Unbelievable," said McDonald, after completing the

14-kilometre swim along the Confederation Bridge in under five hours.

"Just blessed — an incredible, incredible day. Perfect weather for the third year in a row."

The 2013 swim raised more than \$130,000, which is split between Cystic Fibrosis Canada and Brigadoon Village, a camp in Nova Scotia for children living with a chronic illness, a condition or a special need in Atlantic Canada.

Supporting access to summer camp was part of what inspired one young Nova Scotian to take part in the swim.

"I love going to camp," said Jessica Plummer, 15, from Hammonds Plains. "It's like my favourite thing."

Plummer became the youngest girl to cross the Northumberland Strait.

The Big Swim 2013 also set a record for the largest group to swim the strait together.

THE CANADIAN PRESS



Karen,
Business Development,
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Mississauga, ON

It's unfair to give a giant American corporation special treatment.

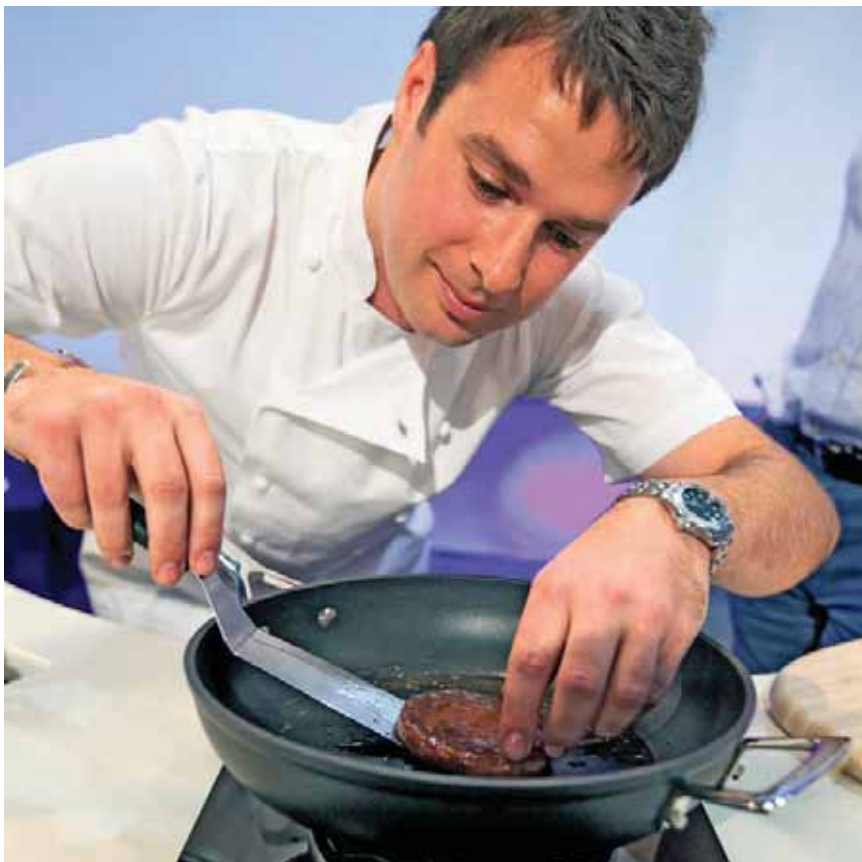
I can tell you personally that this is an incredibly competitive industry. One company does something and the others scramble to beat it. That's good, fair competition. But now, the Canadian Government is allowing a giant U.S. cellphone company to buy up small Canadian operators that Canadian cellphone companies like mine aren't allowed to buy. Since we can't bid, they'll likely even get a huge discount on the price, effectively at the Canadian taxpayers' expense. But it gets worse. They get to piggyback on the infrastructure we built — and they didn't contribute a cent. That's not good, fair competition. You know, we teach our kids to play fair. That's about as Canadian as it gets. So why is our government giving a giant U.S. corporation special treatment? That's not fair.

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A burger made from beef grown from cattle stem cells in a laboratory is cooked by chef Richard McGeown during the world's first public tasting event for the product, held in London on Monday. DAVID PARRY/PA/THE ASSOCIATED PRESS

Laboratory burger is a low-fat marvel but a low-flavour failure

Work in progress.

Scientist says flavour is an easy fix on the path to eco-friendly meat

They bit, they chewed but had hoped for more flavour.

Two volunteers in the first public frying of lab-grown hamburger in London said Monday it had the right texture but was short on taste because of the lack of fat.

Mark Post, whose team at Maastricht University in the Netherlands developed the burger, hopes that making meat in labs could eventually help feed the world and fight climate change.

That goal is many years away, at best.

Sergey Brin, a co-founder

of Google, appeared on a video shown at the event and announced that he funded the \$330,000 project because of his concern for animal welfare.

Monday's taste test came after five years of research. Despite the tasters' concern about flavour, scientists say that can be tweaked.

"Taste is the least (important) problem since this could be controlled by letting some of the stem cells develop into fat cells," said Stig Omholt, director of biotechnology at the Norwegian University of Life Sciences. Adding fat to the burgers this way would probably be healthier than getting it from naturally chunky cows, said Omholt, who was not involved in the project.

THE ASSOCIATED PRESS

What? How? Why?

Scientists made the meat from the muscle cells of two cows. The cells were put into a nutrient solution to help them develop into muscle tissue, growing into small strands of meat.

- Experts say new methods are needed to satisfy growing carnivorous appetites without exhausting resources. By 2050, the Food and Agriculture Organization predicts global meat consumption will double as more people in developing countries can afford it. Raising animals for meat uses about 70 per cent of all agricultural land.

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One-ton swim

'Sink like a brick' no longer applies

Long-distance swimmer Jim Dreyer jumped into Lake St. Clair on Monday to begin a 35-kilometre trek — while hauling a ton of bricks.

Thirty hours later, Dreyer plans to come ashore on Tuesday afternoon in Detroit and finally beach his two dinghies filled with 334 bricks. **THE ASSOCIATED PRESS**

Attacked by bear

Dog dies trying to save its master

A man has been released from hospital after being attacked twice by a black bear while walking his two dogs in Sandbar Provincial Park on Saturday. Police say the Dryden, Ont., man was able to escape into a lake.

When the man tried to walk back to camp, the bear attacked again, at which point one of his schnauzers tried to fend off the bear. The dog later died of its injuries. **THE CANADIAN PRESS**

WITH FILES FROM THE CBC



Precious, fragile, all too few

The World Wide Fund for Nature (WWF) has put 1,600 panda figures made from papier-mâché in front of the main train station in Berlin for two days to symbolize how few of the animals are still alive in the wild. **GERO BRELOER/THE ASSOCIATED PRESS**

One year later, Curiosity sets sights on lofty goal

Mars mission. Rover celebrates anniversary of its landing with a lonely birthday song

Mount Sharp has beckoned Curiosity since the NASA rover arrived on Mars exactly a year ago.

If microbes ever existed on Mars, the mountain represents the best hope for preserving the chemical ingredients that are fundamental to all living things.

Curiosity recently pointed its wheels south, rolling toward the base of Mount Sharp in a journey that will last many months. It will drive across the rock-strewn landscape, dodging bumps and taking in the scenery.

"We do a lot of off-roading on a lot of little dirt roads," said mission manager Jennifer Trosper.

Scientists have been eager for a peek of Mount Sharp since Curiosity touched down



Mars Science Laboratory team member Miguel San Martin, left, celebrates with Adam Steltzner after the 2012 landing. **DAMIAN DOVARGANES/THE ASSOCIATED PRESS FILE**

in an ancient crater on the night of Aug. 5, 2012.

The world wondered whether Curiosity would nail its landing, which involved an acrobatic plunge through the thin atmosphere that ended with it being gently lowered to the ground with cables.

Once the euphoria of landing wore off, the nuclear-powered rover went to work, spending two months testing

its instruments and systems.

To celebrate the landing anniversary, engineers commanded one of Curiosity's instruments to play Happy Birthday as the rover took a break from driving.

Scientists initially hoped to head to Mount Sharp late last year, but decided to take a detour to an intriguing spot near the landing site.

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ALDO MEXX/MEXX KIDS WHEATON'S CITY STREETS

LGBTQ attacks in Russia nothing new



A man carries a photograph of Russian President Vladimir Putin while marching in the Vancouver Pride Parade Sunday. DARRYL DYCK/THE CANADIAN PRESS

Violence. Canadian documentarian says aggression toward gays in Putin-led country is par for the course

A Canadian documentarian says the violence and fear re-

cently seen at a gay pride parade in Russia is nothing new.

Ken Coolen, the filmmaker behind the 2009 documentary *Beyond Gay: The Politics of Pride*, followed the then-president of the Vancouver Pride Society to various international Pride events, including one in Moscow in 2008.

"When we were (filming) in Russia, the communication was

very cryptic. It is believed that phones are tapped and communications are monitored. ... When we went to the planning meeting the day before Pride, we were told to go to a hotel and then we had to call again. The meeting was actually not at a hotel but at a private residence nearby. When we went there we were asked not to film much of the apartment and to

mask some of the persons in the room for fear of retribution."

On June 29 of this year, participants of St. Petersburg's fourth Pride parade were met with hostility and violence, including homophobic insults, rocks, eggs and smoke bombs thrown at the group of about 50 gay rights activists. **JARED STORY/FOR METRO IN WINNIPEG**

New Brunswick. Two young boys killed in their sleep by python: RCMP

Two young boys were killed by a python snake as they slept in an apartment above an exotic pet store in northern New Brunswick, the RCMP said Monday.

Const. Julie Rogers-Marsh said the boys, aged five and seven, were visiting the apartment of a friend above Reptile Ocean Inc. in Campbellton when the incident occurred.

Rogers-Marsh said police arrived at the apartment around 6:30 a.m., at which point officers found the two dead boys.

"It (the snake) had escaped its enclosure at the store sometime through the night, got into the ventilation system and into the upstairs apartment," said Rogers-Marsh. "It's believed the two boys were strangled by the snake." She said the snake was later captured and is in the possession of police.

Rogers-Marsh said aut-

opsies were to be performed on the two victims on Tuesday. She couldn't confirm whether the two boys were related.

She said the owner of the reptile store lived in the apartment above.

Calls to the pet store were not returned on Monday but deputy mayor Ian Comeau said Reptile Ocean was licensed to operate and "everything was according to our bylaws, to the provincial guidelines."

The deaths of the boys have been "a shock ... it is unbelievable," Comeau said Monday evening. "Some still don't believe it," said Comeau, who toured the shop with the fire department about two years ago. Firefighters had to "know where these animals were — alligators, crocodiles and snakes," he said. "They were there," he said, adding "I'm not a fan of snakes."

THE CANADIAN PRESS

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~ Dog-friendly business.
* Accepting dog food donation for Litters 'N' Critters, August 2-10.
Visit downtownhalifax.ca for full list of special offers, sales, and treats.

downtownhalifax.ca

Baby put up for sale

And you thought your breakup was nasty ...

A 22-year-old man angry with a woman he dated posted photos of her two-month-old daughter in a Craigslist ad and tried to sell the baby for \$100, prosecutors said Monday.

Paul Marquez posted an ad entitled "baby for sale," prosecutors said. Marquez's posting acted as if he were the parent, said the baby loved to play and have fun, but had asthma and was "really getting on my nerves."

THE ASSOCIATED PRESS

Under investigation

Falling steel kills male pedestrian, 32, in Montreal

A huge slab of steel broke free from a front-end payload in downtown Montreal on Monday, fatally slamming into a 32-year-old pedestrian.

"He was hit by a big metal plate, he was severely injured and he was quickly taken to hospital where he was pronounced dead shortly after his arrival," said Montreal police spokeswoman Anie Lemieux.

Lemieux confirmed that the workplace accident is being investigated.

THE CANADIAN PRESS

Play D'oh

Simpsons to get its own Lego series

Want to build a new home for Homer or try out a new hairstyle for Marge? Danish toy company Lego on Monday confirmed it will launch a special series next year, globally, that is themed on The Simpsons family. Lego spokesman Roar Rude Trangbaek wouldn't give any details about what characters would be included.

Lego has seen its sales soar in recent years after it started making series based on popular movies such as Star Wars and Ninjago.

THE ASSOCIATED PRESS

Publishing

Amazon founder buys Washington Post for \$250M

Amazon.com founder Jeff Bezos is buying The Washington Post and other newspapers for \$250 million US. The longtime publisher, The Washington Post Co., announced the deal Monday. Bezos is buying the paper as an individual. Amazon.com Inc. is not involved. Washington Post chairman and CEO Donald Graham called Bezos a "uniquely good new owner."

THE ASSOCIATED PRESS

Research

Governments, industry form pipeline group

At least three governments and two energy industry groups are leading what they hope will be a "pan-Canadian" approach to find ways to improve the country's pipelines.

As three controversial megaprojects generate headlines across the country, the Canadian Pipeline Technology Collaborative is to look for ways to make the system safer and more efficient, said industry spokeswoman Brenda Kenny.

"The program objective is, number one, technology development," said Kenny, who is with the Canadian Energy Pipeline Association.

Alberta, B.C. and Natural Resources Canada, as well as the Canadian Association of Petroleum Producers and the pipeline association are setting up the collaborative.

THE CANADIAN PRESS

Beauty products. Revlon buys Colomer for \$660M

Revlon is buying Colomer Group, which sells hair dye and other products to beauty salons, for about \$660 million US, saying the deal will help it reach new salon customers.

The transaction reunites Revlon with its former professional products division, which the beauty products company sold to CVC Capital Partners in 2000 for about \$315 million US.

Spain's Colomer markets products under brands such as Revlon Professional hair care, which it currently li-

censes from Revlon Inc. It also sells shampoos, conditioners and other hair products to consumers under the Creme of Nature brand and also sells nail polish and body lotions.

Revlon sells Revlon and Almay makeup, Revlon Color-Silk hair dye and other beauty products. The New York company is looking to strengthen its sales outside the U.S. Like many consumer products companies, it has had to deal with the recession in Europe, which has hurt spending.

THE ASSOCIATED PRESS



Revlon announced Monday it is buying Colomer Group, which sells hair dye and other products to beauty salons. The deal was made with the aim to help the company reach new salon customers and cut costs. THE ASSOCIATED PRESS

Tech. Without a spring iPad launch, shipments of tablets turn sluggish

Worldwide shipments of tablet computers slowed down in the second quarter because Apple didn't release a new model of its trend-setting iPad, research firm IDC said Monday.

Shipments totalled 45.1 million units in the April-June period, down nearly 10 per cent from the first three months of the year. Still the second-quarter total is up nearly 60 per cent from a year ago, a sign that the market continues to grow.

"A new iPad launch always piques consumer interest in the tablet category and traditionally that has helped both Apple and its competitors," said Tom Mainelli, a research director at IDC. "With no new iPads, the market slowed for many vendors."

Apple normally releases a new iPad in the spring, but it has moved to fall launches to take advantage of the lucrative holiday shopping season. That means people who want iPads may be holding out for a new model. Samsung and other rivals have released new tablet models this spring, but IDC says those launches didn't get the spillover boost that a new iPad would have provided.

Mainelli said he expects weakness to continue in the July-September period, but tablet shipments should pick up again in the holiday quarter, when Apple and others are expected to release new products.

Besides a new iPad, Amazon.com Inc. is likely to refresh its Kindle Fire line, while Google Inc. is expected to come out with a new 10-inch Nexus model. Google released a new seven-inch Nexus last week.

THE ASSOCIATED PRESS



Apple's iPad GETTY IMAGES FILE

Hey baby — who are you wearing?

Royal sales boost.

New York-based swaddle maker is swamped after Prince George is pictured wearing its birdie product



Prince George of Cambridge was photographed leaving the hospital with his tiny hands emerging from a cotton swaddle printed with little birds. Distinctive little birds. THE ASSOCIATED PRESS FILE

It took 45 seconds, but that was enough. Newborn Prince George, carried from the hospital to the royal car, appeared in a cotton swaddle with tiny birds on it. Mums-to-be around the world wanted to know: Who are you wearing?

The answer shows what it is like when a small company gets swept into the maelstrom of attention that comes from touching the golden hem of the House of Windsor.

Once the photos of the swaddle hit the Internet, style bloggers and fashion writers identified the would-be king's new clothes as being from New York-based aden + anais. Within

four hours of George's appearance, the firm's website crashed. The next day, it crashed again. In nine days, the company had 7,000 orders — a 600 per cent increase in sales on that item.

The company never even issued a press release. Any-

one who wanted to know the manufacturer simply had to type "royal swaddle" into Google, and up it came.

Raegan Moya-Jones, the chief executive of aden + anais, was about to start a meeting when a colleague brought in the picture. She couldn't believe it. "I thought it was Photo-shopped," she said.

The company is still digging out from under a pile of orders for the swaddle, part of the Jungle Jam pack of four that in Britain costs 44.95 pounds (about \$71). So just be prepared to wait if you want to similarly swaddle your little prince or princess. Jungle Jam is sold out for now in Britain and the United States.

Little George first appeared in a white crocheted blanket from G.H. Hurt & Son of Nottingham, England. They too are swamped with orders, after photographers zeroed in on the firm's label, blew it up and posted it online.

THE ASSOCIATED PRESS

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MOVING BACK HOME IS NOT SO YUCKIE

Hunched over a pile of boxes in my living room this weekend, I was struck by the fact that in the past five years I have moved five times. This might seem extreme, but renting in the city in your 20s can be a transient time, and living arrangements never seem more than temporary.

One of those relocation destinations — somewhere between finishing grad school and becoming gainfully employed — was back home with my mother and father. Undesirable as it seemed at the time, I'm glad I made the move. It was a period of joblessness and uncertainty; if I had decided to nosedive into debt in the name of "independence," it would have been a foolish mistake. Still, I'm glad it's over.

Today there are a record number of adult children living with their parents. In the United States, a Pew Research Center study released last week shows that a startling



SHE SAYS
Jessica Napier
metronews.ca

36 per cent of Americans aged 18 to 31 are living under the same roof as Mom and Dad.

When adult children move back in with their parents, it can be a difficult adjustment for both parties. Empty-nesters are suddenly burdened with financial strain from freeloading offspring — only about 35 per cent of millennials living with their parents actually pay rent — while disenchanted boomerang kids experience a sense of failure as they return to their childhood bedrooms after years of independence.

Pop-sociologists have developed a particularly harsh acronym for this demographic: YUCKIES, or Young Unwitting Costly Kids — a generation of unemployed young adults who are capitalizing on free room and board back home and draining their parents' retirement

savings in the process.

At certain life junctures — graduations, breakups, babies —

many of us will rely on our parents to act as a safety net. Navigating the uncertain terrain of adulthood is challenging, and while moving back home can make you feel as if you're sliding backwards it doesn't have to be that way.

When I returned to my parents' house at 24, I had to resist the urge to fall back into familiar childhood routines and work on cohabiting in a mature dynamic. I learned a lot about my family and myself, and I developed a new appreciation for my parents as interesting adults, not just Mom and Dad. As counterintuitive as it might seem, in a lot of ways moving back home helped me grow up.

There is always a way to make the most of a situation, even when you might think your living arrangements are less than ideal. So if you ever find yourself making the move back in with your parents, try to focus on progression, not regression. Approach the situation with optimism and gratitude, rather than bitterness, and you'll find it can be a valuable — not to mention

budget-friendly — experience. Follow Jessica Napier on Twitter @MetroSheSays



ZOOM

Here's something you do see every day



NICK ALBERTSON

Everyday objects that escape the ordinary

Nick Albertson proves that beauty can be found even in the most uninteresting things. The Chicago-based artist and photographer, 29, arranges mass-produced objects — such as paper bags, rubber bands and sandwich bags — into clever patterns and photographs them to look like abstract art.

Q&A

Old meanings stripped

What is the idea behind your photographs?



NICK ALBERTSON
Artist and photographer, 29,
based in Chicago

I strip utilitarian objects of their functions, repurposing them to create visceral experiences. This esthetic

references abstract paintings by stripping away meanings and distilling what I was interested in.

What are you interested in? I hope that the viewer can get lost and enveloped in these photographs. I like the tension that the images have between being beautiful and referencing high art forms, and being made quite literally of throwaway materials.

You'd think that with an infinite number of everyday objects, it would be easy to produce a stylish artwork, but

I actually struggle to find new things to use. I look for very minimal objects (no logos, nothing that will be a headache to light or manipulate) and many times I'll start and then scrap it.

What objects work for you then?

Anything you can buy in bulk. Something like a can opener is an everyday object but would not work for my project. You cannot just buy one rubber band — you have to buy a whole bag of them. **METRO WORLD NEWS**

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Last year it was waving bears; this year it's dancing bears. With members of the ursidae family well out of hibernation, there's been no shortage of bears being broadcast online. Explore's live bear-and-salmon cam has been a Clickbait favourite since Day One, but other bear parties have stepped onto the stage.

What Goes On When You're Not There:

This time-lapse video uploaded by Alberta Parks shows exactly what the mammals get up to when we pesky humans aren't around — and it's party. They really like to party.

Bearjacked:

Further proof of their party-animal nature, this bear gets on its hind legs, opens a truck door and tries to jack whatever's inside (presumably beer).

Polite Bear Waves Hello:

In case you missed it the first time



around, Polite Bear gets funnier with each view. Watch as the nicest bear in the world waves back while a friendly tourist drives by waving, with an enthusiasm only possible for those still in their single-digit years.

Twitter

@metropicks asked: A woman survived for 12 days in the bush thanks to Man vs. Wild. What show will save your life one day?

@InfernoMoon: Game of Thrones — it has taught me that I can either win or die

@midnightchicken: walking dead. Poops going to hit the fan and I'll know what to do.

@realmikemaj: if she had watched Survivorman she would have done better. I'm surprised man vs wild didn't get her killed



@Ophiura: Gilligan's Island. Everything I need to know to remain lost on a tropical island w/ head hunters, KGB and more!

@VulgarViking: Watching Jersey Shore saved my life. I now know every STD and its treatment thanks to the dirty cast!

@BlairLangille: Fear Factor has taught me if I ever find myself in a box of scorpions, crying hysterically will keep me alive.

@thepolishviking: "Cosby Show" ...in case I'm a parent some day I'll know that a loud sweater amplifies parental skills.

WE WANT TO HEAR FROM YOU:
Send us your comments: halifaxletters@metronews.ca

DVD reviews



The Place Beyond the Pines

Director. Derek Cianfrance

Stars. Ryan Gosling, Eva Mendes, Bradley Cooper

The highways savagely twist and turn around Schenectady, N.Y., the blue-collar setting for *The Place Beyond the Pines* — but they're nothing compared to the human road map that is Luke (Ryan Gosling). A motorcycle stunt rider for a circus, he's covered in tattoos. Introduced by a long tracking shot that concludes with a dangerous whirl inside a spherical cage; he's a man going nowhere in a hurry. Roads and tattoos make apt metaphors for this entangled drama by Derek Cianfrance (*Blue Valentine*), that also takes in complicated characters played by Bradley Cooper and Ray Liotta. Actually three interlocking stories in one, *The Place Beyond the Pines* flirts with exhaustion and threatens credulity with its extreme generational conflicts and use of coincidence. Cianfrance and his sterling cast keep it all together, vanquishing doubt and soap suds.

PETER HOWELL



Percy Jackson: Sea of Monsters opens on Wednesday. CONTRIBUTED

Taking arms against a Sea of Monsters

Percy Jackson.

Actress Alexandra Daddario says franchise celebrates that special thing inside of us that makes us strong

STEVE GOW

scene@metronews.ca

When the bulky-dubbed adventure flick *Percy Jackson and the Olympians: The Lightning Thief* hit theatres three years ago, star Alexandra Daddario was “hopefully confident” the book-turned-blockbuster would

see a sequel.

“Percy Jackson was my first big movie and I was sort of unaware of the box office and what it meant and what (the producers) were expecting and that kind of thing,” said the 27-year-old New York actress. “Everybody hopes it does well, obviously, but I think it has a great built-in audience.”

Based on author Rick Riordan's bestselling adventures about a seemingly troubled teen that possesses incredible abilities and powers, the 2010 cinematic introduction slightly stumbled out of the gate domestically but eventually earned more than \$225 million worldwide. That would surely be enough to convince

Quoted

“It's great to be part of something that inspires kids.”

Alexandra Daddario, star of *Percy Jackson: Sea of Monsters*

all involved to return with the sequel *Percy Jackson: Sea of Monsters* — which opens this Wednesday.

Based on the second book in the five-novel series, the fantasy thriller casts Greek demigods Percy Jackson (Logan Lerman) and Annabeth (Daddario) into the mysterious Bermuda Triangle to seek a magical artifact with incredible healing power in order to save their home.

“I think the books and the films (have) the same common themes,” said Daddario about

the franchise's immense popularity. “It's great to be part of something that inspires kids. I think the great thing about the book and about the films is that no matter who you are and what your problems are — you (may) not literally be a god or find out that you have literal powers — but there is something stronger inside of you; that makes you really special, wonderful and strong. I think that's inspiring for kids and that's the message of the books and the film.”

2 SCENE

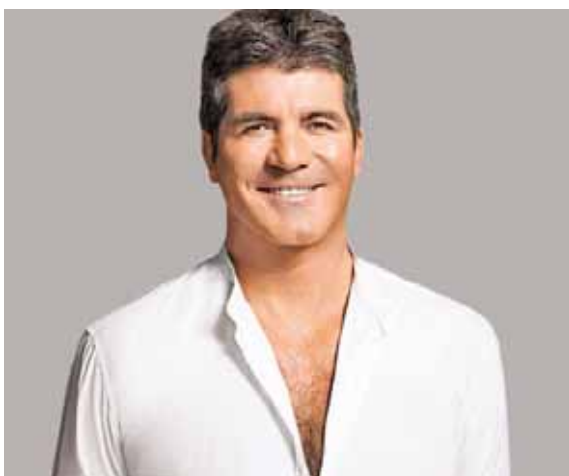
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Simon Cowell ALL PHOTOS GETTY IMAGES

Cowell's crew of former flames gave him the relationship red light

Apparently Simon Cowell got plenty of warning from his "harem" of ex-girlfriends to watch out for Lauren Silverman, the married woman now said to be pregnant with his child, as they "were concerned about her motives and intentions," according to Radar Online. "Simon was warned — on multiple occa-

sions — that he needed to be careful," says a source, explaining that Cowell has remained quite close to many of his exes. "Everyone was aware that they were hooking up and that Lauren was married. Naturally, Simon's friends were very concerned about the situation and made that known to him."

It don't mean a thing if it ain't worth some sing



Taylor Swift

Fair warning to potential Taylor Swift suitors: The singer-songwriter is looking to continue combining business and pleasure, according to Rolling Stone magazine. "I am getting to a point where the only love worth being in is the love worth singing about," Swift says. "When you experience something that's worth writ-

ing a song about, chances are it's the same kind of intense feeling that someone else has felt and it has led them to be sitting on a bedroom floor crying or walking through a crowded room feeling alone or feeling misunderstood by the person who's supposed to know them better than anybody else."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week



Of cheesy Chads, messed-with Mileys and much-too-famous felines



STARGAZING
Malene Arpe
scene@metronews.ca

Chad Kroeger says he wants to stay in the honeymoon stage with Avril Lavigne "until the day I die." He also wants a puppy that never grows up, a bouquet of everlasting roses and a pair of perpetually shiny shoes.

Jennifer Aniston says she and Justin Theroux "already feel married." "Is it like an always fresh, bottomless barrel of perfect apples?" asks Chad Kroeger.

Miley Cyrus tweets she just watched P.S. I Love You and then promptly deletes the tweet, claiming her account was hacked. It's nice to see she's finally learning to make good choices.

There is now a line of Grumpy Cat coffee called Grumppuccino. That's clever, but I might have gone for Squeezing Cat For Money Coffee-Flavoured Beverage.

Kim Kardashian is reportedly working with her mother planning how to leave the house she's been hiding in since giving birth so that her re-entry into the world will not interfere with her sister Kylie's Sweet Sixteen party. Consider that next time you're complaining about getting laid off and not being able to pay rent, you miserable whiner.

Lindsay Lohan has reportedly made a list of some 80 friends that she considers "toxic" and will no longer associate with. Don't worry, though. They're all living at Justin Bieber's house now, so they'll be just fine.

Gwyneth Paltrow admits that her doing a master cleanse lead to powerful hallucinations. That finally explains the \$695 peasant dress for sale on her website.

Our baby has a first name, it's L-u-n-a!



Penelope Cruz and Javier Bardem

Penelope Cruz and Javier Bardem's newborn baby girl reportedly has a name, and it's Luna Encinas Cruz, according to Spanish magazine Vanitatis. The magazine reports that the happy couple registered the new baby at Madrid's registrar office last week, though the actress' rep has not commented on the baby's name. Cruz and Bardem also have a two-year-old son, Leonardo.

Star Domestic Short Hair

Five-year old Star came to us as a stray from another rescue. She lights up our adoption room and we are confident that she will light up your life. If you are interested in a feline friend who will love, follow and cuddle you, Star is your girl. Like most felines, she enjoys a pat on the head and a rub under her chin. Due to her eventful past, we think she would like a home without younger children so that she only has to worry about how much love she will receive vs how many times her tail will be pulled. Please consider Star for adoption; we know she will be grateful to have a place to call home.



For more information on Star and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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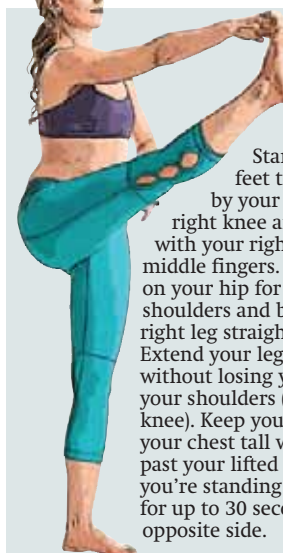


METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

Don't lag on these poses

Lisa Sanfilippo, known for smart bio-mechanical alignment yoga, gives some tips for before and after your flight to avoid jet lag

ROMINA MCGUINNESS



Standing big toe extension

Start by standing with feet together and hands by your sides. Bend your right knee and clasp your big toe with your right thumb, index and middle fingers. Place your left hand on your hip for support. Relax your shoulders and begin to extend your right leg straight out in front of you. Extend your leg as far as you can without losing your grip or straining your shoulders (you can bend your knee). Keep your hips level and lift your chest tall while gazing slightly past your lifted big toe. Keep the leg you're standing on straight. Hold for up to 30 seconds. Repeat on the opposite side.



Headstand

Begin on all fours. Interlace all of your fingers, tucking your bottom pinkie finger in so it rests in front of your other pinkie finger. Keep your fingers laced and put your hands down on the mat, keeping your wrists firm. Place the crown of your head directly behind the heels of your hands, but do not hold your head. Curl your toes under, lift your knees up, and walk your knees in toward your face. Bring one knee to your chest and lightly hop with the other foot to bring that leg onto the same position. Straighten your legs up toward the ceiling. Hold for up to 10 seconds. Come down with an exhalation, without losing the lift of the shoulder blades and with both feet touching the floor at the same time.



Wild thing

Begin in downward facing dog. Lift the right leg up into the air and rotate your hip open as you bend your knee. Pivot toward the outside edge of your left foot as you spiral your chest and pelvis to face the ceiling. Drop your right foot onto the floor behind you, landing on your foot or just the ball of your foot for a deeper bend. Arch your chest and lift your right arm up. Extend it forward, with its inner side turning toward the floor. Lift your hips and let your head hang. Hold for up to 30 seconds. Return to downward facing dog and repeat on the opposite side.



Dolphin

Begin on all fours. Place your forearms on the mat, shoulder-width apart. Curl your toes under and lift your hips up. Straighten your legs and walk as far as you can toward your hands, keeping your shoulders directly over your elbows. Relax your neck and gaze just slightly forward.

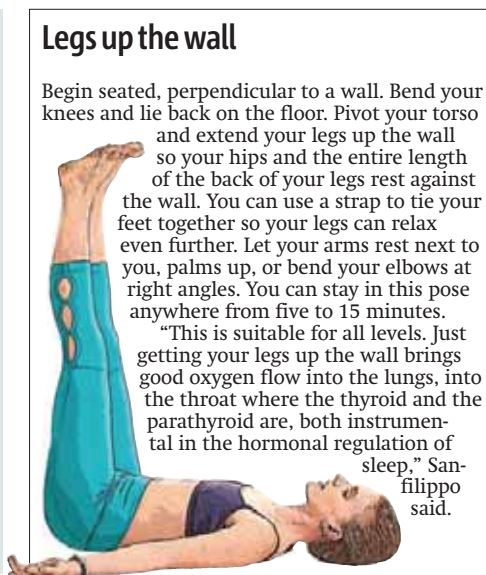
"This brings circulation down into the front of the chest and wakes up the arms and the shoulders," Sanfilippo said.



Camel

Begin by kneeling with your knees and feet hip-width apart and the tops of your feet flat on the floor. Keep your pelvis over your knees, your tailbone down, and your lower belly lifted.

Bring your hands to your heart in the prayer position, roll your shoulders back and hug your elbows in. Curl your chest open by kneeling back, but keep your hips over your knees. When you can't curl your chest back any further, release your arms and grab your heels (you can also curl your toes under and touch them with your fingertips). Hold for up to 30 seconds.



Legs up the wall

Begin seated, perpendicular to a wall. Bend your knees and lie back on the floor. Pivot your torso and extend your legs up the wall so your hips and the entire length of the back of your legs rest against the wall. You can use a strap to tie your feet together so your legs can relax even further. Let your arms rest next to you, palms up, or bend your elbows at right angles. You can stay in this pose anywhere from five to 15 minutes.

"This is suitable for all levels. Just getting your legs up the wall brings good oxygen flow into the lungs, into the throat where the thyroid and the parathyroid are, both instrumental in the hormonal regulation of sleep," Sanfilippo said.

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3
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Lentil Feta Salad: To add shrimp or not? It's up to you

Lentil Feta Salad with Lemon Dressing and Grilled Shrimp



This salad serves six. ROSE REISMAN



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

If you prefer, you can buy canned lentils and forget about the cooking, but I always find that cooking your own produces a better flavour and texture.

This is a great vegetarian dish on its own without the shrimp or served as a side dish to any entrée

1. In a saucepan, combine the stock and lentils. Bring to a boil. Reduce the heat to a simmer, cover and cook just until tender, about 20 to 25 minutes. Do not overcook. Drain any excess liquid. Cool to room temperature.

2. Sauté or grill tiger shrimp for about 5 minutes or just until cooked.

3. In a large bowl, stir together

the cooked lentils, red pepper, green onion, parsley, red onion, olive oil, lemon juice, vinegar, garlic, mustard, salt, pepper and feta. Toss together before serving, and garnish each plate with one shrimp.

Ingredients

- 2 1/2 cups vegetable stock
- 3/4 cup dried green lentils
- 6 large tiger shrimp (peeled and cleaned) (optional)
- 3/4 cup diced red bell pepper
- 1/3 cup chopped green onions
- 1/3 cup chopped fresh parsley
- 1/4 cup diced red onion
- 2 tbsp olive oil
- 3 tbsp freshly squeezed lemon juice
- 2 tsp balsamic vinegar
- 1 1/2 tsp minced garlic
- 1 tsp Dijon mustard
- 1/8 tsp salt
- 1/8 tsp ground black pepper
- 1/2 cup diced light (30% reduced) feta cheese (1 1/2 oz/45 g)

Health Solutions

Catfish got your tongue?



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You simply must eat more fish. The evidence is mounting that the omega 3's from fish is preventative of everything from heart disease to breast cancer.

But if we all listened to this sage advice we'd risk overfishing, which is becoming a big problem as oceans and lakes are unable to keep up with the burden of commercial fishing operations.

Farming makes very good sense ecologically, but, not all farmed fish are created equal. It can and must be done properly — in terms of the environment and from a health and food safety perspective.

Look for a farmed fish that has the endorsement of watchdogs like: Monterey Bay Aquarium, Ocean Wise, SeaChoice, the Audubon Society, the World Wildlife

Fund or others.

Some of the sustainable practices that are showing promise:

1. Top-feeding the fish means they stay on the surface and their diet can be monitored rather than mucking around the bottom.

2. Careful attention to food. Fish meal can be contaminated. Some species are fed land grains to prevent this.

3. No antibiotics, dyes or hormones were used.

4. Conversion rates are high, which means that the fish put on weight fast and are more efficiently able to use the small amount of feed that they get. This means there is much less fish food wasted.

One of the few farmed fish that meets this criteria is U.S. Farm-Raised Catfish.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Into the sea for salad

Ingredients

- 1 cup chopped carrot
- 1 tbsp grated fresh ginger
- 4 scallions, sliced, white and green parts kept separate
- 3 tbsp seasoned rice vinegar
- 1 tbsp low-sodium soy sauce
- 2 to 4 tsp chili-garlic sauce
- 2 tsp toasted sesame oil
- 1/4 cup, plus 1 tbsp vegetable oil, divided
- 1/4 cup water
- 1 lb sea scallops, tough muscle discarded and scallops patted dry
- Kosher salt and black pepper
- 1/2 cup all-purpose flour
- 6 cups arugula
- 2 cups chopped cucumber
- 1 mango, peeled, pitted and chopped
- 1/2 cup toasted peanuts



This Scallop Salad with Carrot-Ginger Dressing serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In a blender, combine the carrot, ginger, white parts of the scallions, rice vinegar, soy sauce, chili-garlic sauce, sesame oil, 1/4 cup of the vegetable oil and the water. Purée until very smooth. Set aside.

2. In nonstick skillet over medium-high, heat the remaining tablespoon of oil. Sprinkle the scallops on both sides with salt and pepper, dip them lightly in the flour, coating them on both sides and shaking off the excess, then add them to the

pan. Reduce heat to medium and cook the scallops until they are just cooked through, about 3 minutes per side.

3. Divide arugula, cucumbers and mango among 4 salad bowls. Top salads with scallops, scallion greens and peanuts, then drizzle 3 tablespoons of the dressing over each salad. Serve. **THE ASSOCIATED PRESS/ SARA MOULTON AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS**

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Best financial strategy? Go simple



YOUR MONEY
Alison Griffiths
money@metronews.ca

I just spent a relaxing week on Vancouver Island, inhaling the clean air and savouring a glorious view of ocean and mountain.

While there I was struck by the burgeoning west coast culture of simplicity that pervades everything from food to hobbies, houses and even art.

Simplicity is directly connected to healthier finances. Hiking and biking is cheaper than a gym membership and a personal trainer.

Indulging your inner cook at home pays off hugely compared to take-out and eating out.

Unfortunately, so much written about improving your finances feels negative — cut out this, reduce that.

In contrast, aiming for simplicity is positive.

Focus on what you really care about, then choose

a path to get there. If you do, you'll avoid spending money on a bunch of stuff you don't really want or need.

My husband's 97-year-old godmother, who we visit in Victoria every year, long ago perfected this attitude to life.

She thinks long and hard about what she wants and doesn't hesitate to spend money once a decision is made.

About five years ago she decided to enlarge and cover her patio in order to enjoy the garden during inclement weather. She paid \$5,000 during the housing renovation boom.

"My friends gave me what-for about it," she explains with a laugh, "but I told them I wanted it now and I wanted to enjoy it for as long as possible."

She also considered replacing her carpet with linoleum to make it easier to navigate with a walker. But, the deck and garden won out.

This smart lady thought

about what she wanted, spent time debating her choices, picked something she could afford and felt wonderful about spending the money.

Try taking this approach into the clothes closet. It may seem easier to go out and buy something, rather than mine what exists. But half a day spent combining outfits and reacquainting yourself with things not worn for a long time is actually the heart and soul of simplicity.

And it is a calmer, cheaper and more satisfying way to find something new to wear.

The route to financial simplicity is simple.

First decide what's truly important to you (regardless of whether it is a need or want) then take time to come up with the best and simplest way to get there.

Often you'll find it's the least expensive too.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Focus on what you really care about, then choose the path to get there. ISTOCK IMAGES

For some, posting wedding pics is an iDon't



Take a picture — it'll last longer! ISTOCK IMAGES

Unplugged. Put away the phones and watch us, wedding couples are urging

ALISON BOWEN
Metro World News in New York City

You're at a wedding, inching above the other guests to capture that perfect shot of the bride.

You snap the pic on your iPhone, but it's blurry, and other phones dot the image. Not your best work, and you weren't really paying attention when the bride appeared.

This type of cellphone invasion is leading couples to take away — or at least gently suggest putting away — phones at weddings.

"Unplugged" weddings used to be the norm for celebrity weddings, event planners say.

Celebs who don't want pictures or details leaking out about their big days would post valets to check guests' phones, says Michael Russo, an event planner who works with celebrity weddings.

"This used to be a celebrity thing," adds event planner Sarah Pease. "Now it's an everyday thing."

A recent David's Bridal survey found that 52 per cent of people said the couple should be first to post a picture online.

Recent bride Jennifer Edwards banned phones at her ceremony.

"We were constantly noticing people watching the entire ceremony through a small screen on their cellphone," she says. "I absolutely did not want to pay an outrageous amount of money for professional photographers just to have all my wedding photos on Facebook

seconds after we said 'I do.'"

Other times, brides and grooms don't want guests tapping at phones at a wedding, whether texting or tweeting.

"People want their guests to be engaged, and they want them to be having a good time and be present in the moment," Russo says.

Pease says she's seen well-meaning relatives actually block the professional photographer as they creep in the aisle to take photos on an iPad.

To alert guests, some post

a sign at the door, and others will put a note in the program, Pease says. Others will ask the priest or officiant to make an announcement.

But even with all the messaging, sometimes people still can't give up phones, Russo says.

"It's so funny, because at weddings it's typically dim, so you can see the people on their phones because their faces are completely illuminated — and it's not from candlelight, that's for sure," he says.

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metro

Your Neighbourhood

EASTERN PASSAGE

Tuesday, August 6, 2013



Fisherman's Cove is a working fishing harbour filled with shops and restaurants. RICHARD WOODBURY/FOR METRO

Festivals showcase Eastern Passage

Eastern Passage residents are known for the pride they have in their community and that pride is certainly showcased at three annual community festivals.

The popular Eastern Passage Cow Bay Summer Carnival wrapped up Sunday.

Two months from now, Eastern Passage will hold another popular event. The Seaside Harvest Festival will take place Oct. 4-5.

Having grown from its original roots as a one-day festival, the event first began in 2009 and was the brainchild of then-councillor Jackie Barkhouse.

"She thought it would be cool if we had some sort of festival for the fall that embraced the harvest, basically, one last celebration before winter came," said Cindy Morash, the secretary of the festival's organizing committee.

Morash's favourite part of the festival is the local entertainment acts that are showcased.

"It's a chance to hear and see different performers, different music and experience what you might not necessarily see," she said.

Morash said many of the acts perform regularly in Halifax, so it's nice to see them play on their home turf.

There is also a Christmas holiday festival, which includes a craft fair, community tree lighting, and photos with Santa Claus.

RICHARD WOODBURY

A community's centrepiece

Identity. Fisherman's Cove making more efforts to become a sustainable, year-round operation

RICHARD
WOODBURY
For Metro

Just as critical as the ocean is to Eastern Passage's identity, so is Fisherman's Cove.

"It is definitely something the community embraces and stands behind," said Angela MacLean, the chairperson of the Fisherman's Cove Development Association, a not-for-profit group tasked with promoting the culture and heritage of Eastern Passage.

Interestingly, the real name of the geographic area commonly referred to as Fisherman's Cove is the Crick. The Crick was originally dredged in 1946 and became the base for the local fishing industry.

Today, Fisherman's Cove is a working fishing harbour that also houses about a dozen shops and restaurants.

MacLean said there are around a dozen fishing vessels that call Fisherman's Cove home. These vessels fish for things such as herring, lobster,

Redevelopment

- The origins of Fisherman's Cove date back to the early 1990s, when a number of economic blows hit Eastern Passage, including downsizing at CFB Shearwater, the closure of the Ultramar refinery, and a

struggling fishery. The local unemployment rate even spiked to more than 20 per cent. Tourism was seen as a solution, so the existing harbour was redeveloped and Fisherman's Cove opened July 1, 1996.

crab and mackerel.

Change is afoot at Fisherman's Cove. MacLean said an effort is being made to make Fisherman's Cove more of a year-round operation.

"It needs to be sustained 12 months of the year. The

community is what is going to make it sustainable, not the visitors. The visitors are only going to come when the weather is nice."

Some of the measures implemented include scaling back the marine interpreta-

tive centre.

"We've really nailed it down to displaying articles that display our natural history of being a working fishing village," MacLean said.

This move has freed up space, making it an ideal place to rent for a community event.

Fisherman's Cove is also undergoing a strategic planning process involving community members and stakeholders to chart a path for its future.

As well, beautification work has taken place. MacLean said the feedback from tourists and residents alike has been great. Visitor counts are also up.

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Hooked on science

Research. Blue Shark Charters offers innovative tours that employ catch, tag and release

RICHARD WOODBURY
For Metro

People looking to combine science and fishing should look no further than Blue Shark Charters, a non-traditional fishing charter operation that operates with the principle of catch, tag and release.

Capt. Art Gaetan currently participates in three different research programs that tag sharks that are caught and then releases them back into the ocean.

"Small sharks are 90 per cent deflated in the population now, so it just behooves the human species to start looking after something," he said.

Gaetan saw his first shark

while fishing with his dad when he was four or five and has been interested in them ever since.

Sharks play a critical role in the food chain and with so much of our oxygen coming from the ocean, their health is critical to a healthy planet.

"If you remove the top predator in the ocean, the food chain will reverse itself to the point where the phytoplankton that produces the oxygen will be completely eaten up by its predators," Gaetan said.

Gaetan explains the anatomy of the sharks being caught during the charters and also gets passengers involved in the tagging process.

"I get them to hold the fish



Capt. Art Gaetan, left, employs a catch, tag and release policy for his shark fishing charters. CONTRIBUTED

— the tail end of it — while I look after the business end," Gaetan said, adding that passengers are "pretty pumped about the whole deal."

One of the research projects is the Ocean Tracking Network, which is headquartered at Dalhousie University. Tags are placed inside the

sharks, which allows for data to be collected.

The tags are about a half-inch in diameter and measure four inches long.

"You make a small three-quarter-inch incision in the belly of the shark and then once we (insert the tag), we stitch it back up and then

they're on their way," he said.

Blue sharks are the most common type caught and can weigh as much as 180 kilograms (400 pounds), depending on the time of season. The odd mako shark is also caught, with the average size being about 225 kilograms (500 pounds).

A great place to call home

While there are many aspects that make Eastern Passage an attractive place to live, affordability is definitely one of them.

"It's still primarily a first-time homebuyer area," said Roz Prince, a real estate agent with Century 21 Classic Realty Ltd., who has been selling homes in the area for close to 30 years.

Subdivisions located in the neighbourhood include Briarwood and Heritage Hills.

Naturally, Eastern Passage's seaside setting makes it an appealing place to live.

"The ocean attracts a lot of people," said Prince, who added that one of the benefits of being on the ocean is that it helps keep temperatures cool and comfortable in the summertime.

A seaside plot won't come cheap, though. Prince said it will likely cost somewhere between \$150,000 and \$300,000, with the price depending on factors such as location and size.

Interestingly, there are also some condos available in Eastern Passage. Provident Developments has a number of single-family condominium homes that it calls The Village at Fisherman's Cove. Fittingly, these are located across from the boardwalk, which is located next to Fisherman's Cove.

RICHARD WOODBURY

Funding. A boost for local infrastructure

Some recent funding announcements will help add to the quality of life in Eastern Passage.

In late June, the provincial government announced funding for two different projects at Fisherman's Cove.

"Fisherman's Cove is a great asset," said Cole Harbour-Eastern Passage MLA Becky Kent. "I think it's a flagship asset for Eastern Passage."

The province is investing \$22,500 for upgrades and

repairs to several buildings. As well, improvements have been made to the popular boardwalk, including building a stage for music and other performances.

Kent said the finished product looks wonderful as the buildings are all painted "beautiful, bright, vibrant colours" and, perhaps most importantly, the shops are busy.

The province is also spending \$27,260 to help Fisherman's Cove implement strategic planning to plan its

future, Kent said.

"That consultation will start in the fall. It's very exciting and it could lead to brand new ideas and development opportunities."

By development opportunities, Kent isn't referring to traditional residential development. Rather, she is talking about finding people to invest in the local community, such as some type of attraction.

In mid-July, the province announced plans to build

a new high school in Eastern Passage. Currently, high school students must commute to Cole Harbour District High School.

The building is expected to be ready for the 2015-16 school year.

Premier Darrell Dexter praised the announcement in a statement.

"This is the right decision for families in Eastern Passage because it means that students here will finish their education where they started

it — in their own community," Dexter said. "A high school built from scratch will ensure students get the very best educational opportunities, right here at home."

The high school will feature an upgraded gym with an extra 2,100 square feet of space, thanks to \$630,000 in funding from HRM. This will help with the community's recreation infrastructure needs, which are currently in high demand.

RICHARD WOODBURY

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A-Rod refuses to accept PED penalty

Dope boys. Yankee star slapped with lengthiest of several suspensions in wake of Biogenesis scandal

Alex Rodriguez stepped up to the plate greeted by a standing boo-ovation and blooped a single in his first at-bat of the season.

Hours after Major League Baseball suspended the New York Yankees star through the 2014 season in the Biogenesis drug case, Chicago White Sox fans got their say Monday night.

And, boy, did they let him hear it.

They jeered him during pre-game warmups and introductions, and they really tore into him when he walked to the batter's box leading off the second inning.

On the third pitch, Rodriguez dunked a hit into shallow left field. He made it to third base with no outs, but was stranded.

Rodriguez did not deny using performance-enhancing drugs in a news conference at U.S. Cellular Field after the punishment came down, and he said he will talk about whether he used PEDs at another time when he is more free to speak.

He did dig in for a battle, saying no one else will defend him unless he stands up for himself. Then, he took to the field, starting at third base and batting fourth against the White Sox.

Bad company

The suspensions are thought to be the most at once for off-the-field conduct since 1921, when commissioner Kenesaw Mountain Landis banned eight Chicago White Sox players for life for throwing the 1919 World Series against Cincinnati.

- Others agreeing to 50-game bans included Yankees catcher Francisco Cervelli and outfielder Fernando Martinez; Philadelphia pitcher Antonio Bastardo; Seattle catcher Jesus Montero; New York Mets infielder Jordany Valdespin and outfielder Cesar Puello; Houston pitcher Sergio Escalona; and free agent pitchers Fautino De Los Santos and Jordan Norberto.

"There's nothing about it that's been easy," Rodriguez said. "All of it has been challenging. I'm sure there's been mistakes made along the way. We're here now. I'm a human being. I've had two hip surgeries. I've had two knee surgeries. I'm fighting for my life. I have to defend myself."

The three-time MVP was one of 13 players disciplined on Monday, one of the biggest mass suspensions in the history of the game.

Rodriguez will appeal his suspension, and that means he will likely be able to play the rest of this season while his case winds through arbitration. **THE ASSOCIATED PRESS**



Alex Rodriguez speaks at a news conference before the Yankees played the White Sox on Monday. Rodriguez was suspended through 2014 and All-Stars Nelson Cruz, Jhonny Peralta and Everth Cabrera were banned 50 games each. **CHARLES CHERNEY/THE ASSOCIATED PRESS**

Guarding his legacy

"I am disappointed with the penalty and intend to appeal and fight this through the process. I am eager to get back on the field and be with my teammates in Chicago tonight."

Alex Rodriguez in a statement on the drug allegations and returning to his team

Auto racing

Maritime pro stock driver dies after crash in P.E.I.

A popular stock car tour circuit in the Maritimes is mourning the loss of one of its drivers following a crash at a race in Prince Edward Island on Saturday night.

Mike Stevens of River-view, N.B., died after four cars collided in the late stages of the Exit Realty 100 at Oyster Bed Speedway in Oyster Bed Bridge, P.E.I.

Police say the man's car flipped onto its roof during the 98th lap. According to the RCMP, the 30-year-old driver began removing his own safety equipment while suspended upside down after the crash, but the effort somehow strangled him, leading to his death.

Police say reasonable safety protocols were followed during the race.

The race was stopped after the crash as emergency vehicles were called to transport Stevens to hospital, where he died.

News of the death made its way through social media, with fans posting messages of condolences on several racing sites.

According to maritimprostocketour.com, visitations will be held at Salisbury Funeral Home from 7-9 p.m. on Wednesday and Thursday in Salisbury West, N.B., and a memorial will be held at Petty International Raceway on Friday at 2 p.m. in River Glade, N.B.

Stevens had multiple wins on the Parts For Trucks tour with 23 top-10 finishes in his eight-year run.

He is survived by his wife Sharon and two small children. **PHILIP CROUCHER/METRO, WITH FILES FROM THE CANADIAN PRESS**

Canada Summer Games

Nova Scotia earns first medals

Special Olympians Tim Ferris and Thomas Swinkels combined for the province's first three medals at the Canada Summer Games in Sherbrooke, Que., on Monday.

Swinkels, of Lower Sackville, captured gold medal in the 100-metre breaststroke at the Universite de Sherbrooke. New Glasgow's Ferris earned a bronze in the 50-metre breaststroke and a silver in the 100-metre freestyle. **ANDREW RANKIN/METRO**

NHL finalizes sale of Coyotes



Gary Bettman says he believes in an Arizona NHL team. **GETTY IMAGES FILE**

The Phoenix Coyotes' ownership saga is over.

The NHL announced the sale of the team to Canadian-led owners was finalized after it was approved by the board of governors Monday.

Once the board of governors voted to approve the sale to the IceArizona group, led by Renaissance Sports & Entertainment's Anthony LeBlanc and George Gosbee, the league's ownership of the Coyotes was terminated. The NHL

had owned the team for almost four years.

"To our fans and partners in the Valley, thank you for your continued loyalty, commitment and patience for the Coyotes," Gosbee said in a statement. "The future looks bright for our franchise."

The NHL sold the Coyotes to Renaissance for \$170 million US, though there was no certainty about the deal until Glendale, Ariz., completed a lease agreement in early July.

"If (the city council) voted it down, this was the end of the road," LeBlanc said at the time.

Instead, the Coyotes have a 15-year lease at Job-ing.com Arena.

"The National Hockey League believes in Arizona as an NHL market and that these new owners can provide the Coyotes the opportunity to secure a stable, long-term future in Glendale," commissioner Gary Bettman said in a statement. **THE CANADIAN PRESS**

Horoscopes

Aries

March 21 - April 20

Even the things that don't work out the way you expected today will, in the long-term, bring remarkable benefits. What others see as limits, you see as opportunities — and the rewards will be spectacular.

Taurus

April 21 - May 21

You cannot force people to do things your way if they don't want to. Even if you could, the results would not be what you expected. If you want to get things done, you need to persuade rather than coerce.

Gemini

May 22 - June 21

Today's new moon will make it easy for you to find the words to explain what you are up to in a way that even your rivals and critics will agree is sensible.

Cancer

June 22 - July 23

You have to move in a new direction and you have to get serious about things you merely toyed with before. That is the message of the stars for you today — and that you'll make a lot of money too.

Leo

July 24 - Aug. 23

Today's new moon in your sign challenges you to push beyond your usual limits and accomplish something truly spectacular. Never doubt you have what it takes.

Virgo

Aug. 24 - Sept. 23

Close your ears to criticism today and carry on with what you are doing. The only reason others are giving you a hard time is because they don't want to see you succeed where they have failed. Too bad.

Libra

Sept. 24 - Oct. 23

If you respect others' views, they will respect yours. That's the theory anyway. Today's new moon means there will be plenty of debate taking place. Keep it good-natured.

Scorpio

Oct. 24 - Nov. 22

You can do your career prospects a lot of good today if you face up to some kind of challenge rather than run away from it. Important people are watching you closely, so make sure you shine.

Sagittarius

Nov. 23 - Dec. 21

You don't have to play by the rules. In fact, with today's new moon falling in the most adventurous area of your solar chart the rules might as well not exist — for you anyway!

Capricorn

Dec. 22 - Jan. 20

No matter how much someone tries to intimidate you today, you must not give in. What can they do about it? What matters more than anything now is that you stand up for your rights — and other people's too.

Aquarius

Jan. 21 - Feb. 19

There are times when it is sensible to let others take the lead and this is one of them. A new moon in your opposite sign means the less you interfere, the more you will benefit from others' actions.

Pisces

Feb. 20 - March 20

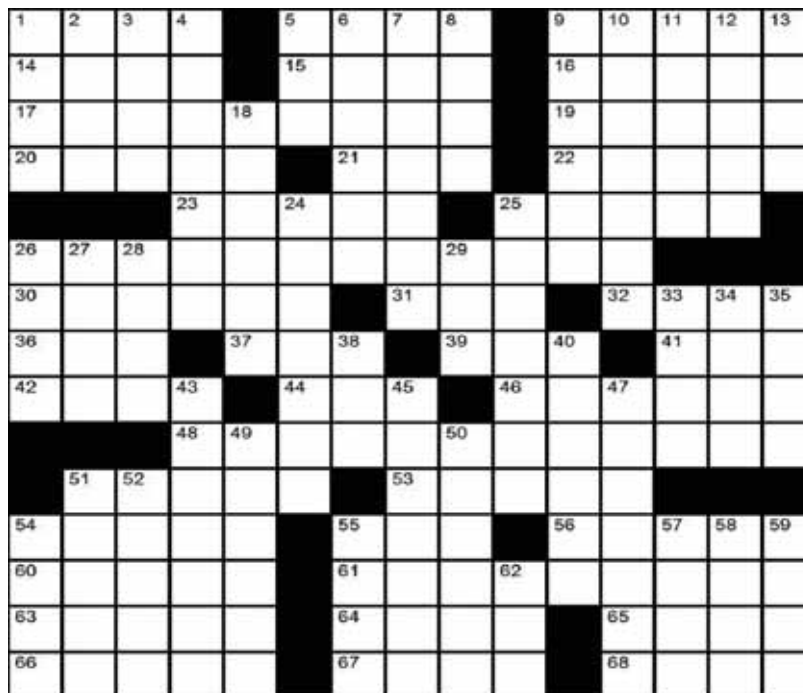
You must get organized. Above all, you must pay attention to what's going on around you. Details are always important but rarely more so than now.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Beach castle material
5. Small (partially eaten here) peach-in-colour fruit
9. Attires
14. O's telephone letters
15. "___ the other hand..."
16. Habituate
17. TV talk show sketch on SNL hosted by Mike Myers character Dieter
19. '50s group, Frankie ___ & The Teenagers
20. Nary ___ (Nobody)
21. Sleep some
22. Blood, ___ & Tears
23. Full range
25. BC's ___ River
- Hot Springs Provincial Park
26. Museum of ___ at the University of British Columbia (tourist attraction which is also a research/teaching institute)
30. Canadian airline with a racoon mascot
31. Rice: French
32. John A. Macdonald, and others
36. Uni + Bi = ?
37. Ink-on-skin pic
39. Eggplant, e.g.



41. One ___ customer: 2 wds.
42. Singer Mr. Cooke's
44. Never: German
46. Our Lady Peace hit
48. BC city; or, third in line to the British throne: 2 wds.
51. Pandemonium
53. Fishhook line

54. Heaps
55. Pretzels brand
56. "Why should ___?"
60. Elliptical path
61. Salary systems: 2 wds.
63. State bordering QC and NB
64. "Woe ___!"
65. Neytiri, for one, in "Avatar" (2009)

66. "...I thee wed." locale
 67. Russian refusal
 68. Loved ___ (Cherished people)
- Down**
1. Baseball's Sammy
 2. Smartphone additions
 3. Fictional detective Mr. Wolfe
 4. Rainfall shortage

- time
5. Informally fine
6. Prior-to-the-wedding contract, commonly
7. Shoulder's ___ cuff
8. Cartoon guy
- Gadget's li'l rank
9. Montreal-born actress Jessalyn
10. Besides, variantly
11. Bruce and Demi's

- actress daughter
12. Wide-ranging
13. Faxed
18. Bordeaux wine
24. Toronto-born actor Rick
25. Cough drop
26. Li'l rental units
27. Ms. Ephron
28. Barbershop request
29. Actress Ms. Tyler
33. Old Roman road
34. Movie director, Nicolas ___
35. "The Sweetest Taboo" singer
38. Can
40. Celt's language
43. Avenue in Toronto, also a subway station
45. 'Fumbling Towards ___': 1993 Sarah McLachlan album
47. Ash-and-lava mountain
49. Team's player list
50. Digestive aid
51. ___ reef
52. Nun's outfit
54. ___ Linda, California
55. ___ arms (Really angry): 2 wds.
57. Mr. Thicke
58. Dream: French
59. 'Photosynth' suffix
62. Kit

Friday's Crossword

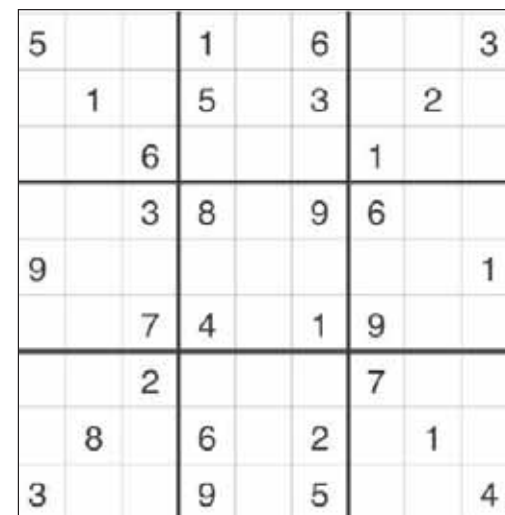


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

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Wednesday

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Mainly sunny

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